

Northfield Senior Newsletter

THE CENTER OF IT

Sponsored by the Northfield Council on Aging and EOEAA December 2015



Making Holiday Centerpieces with Kathryn's Florist

Wednesday December 2nd at 1:00pm
Cost is \$15: COA pays \$5 for you; you pay the other \$10! Call immediately! 498-2186. Bring candles or ornaments of your own if you'd like to add them.



Holiday pictures

David Turner will be joining us from Hallmark School of Photography to teach us how to get the best holiday "family" pictures. Please bring your cameras if you like, though not necessary, and he will help us find the best poses and lighting to make wonderful memories!



Music in December



December 3 and 14 at 11:00 join Betsy Llewelyn as she brings us holiday tunes.



December 14 Gina Froment will lead us in a Christmas Carol Sing-a-long at 11:00.

NAME THAT TUNE

Name that Christmas Tune with **Steve Damon** on **Dec. 24 at 11:00**. How well do you know your tunes? Can he stump you?



January 7 Brown Bag Please mark your calendars for volunteering and pick-up at the usual times.



December 15 Roast Beef Dinner! Sign up by **December 8** by coming in or calling 498-2186. Sing along with the ROMEOS and enjoy the festive atmosphere.



Exercise

Osteo Strength Training with Mary Lyle: seated exercises to increase bone and muscle. Wed.'s at 11:00

Yoga with Libby Volkening: gentle yoga in a chair for all levels. Sponsored by FCHCC and EOEA; Thursdays at 9:30 am. (No class on Dec. 26 and Jan 2) Donations gratefully accepted.

PVRS Strength Training: join Abby to increase your strength and have a good laugh; Mon, Wed and Fri 6:30-7:30pm.

Health

Blood Pressure Clinic: December 1 and 15 at 9:00.

Foot Clinic: December 1 and 15 at 9:00. Please make an appointment and bring a towel.

Caregiver's Support Group: December 12 (the 2nd Friday of the month) with Heather.

Volunteers Needed

We would love to have Piano Players and musicians of all varieties, Benefits Counselors or SHINE volunteers, members of our soon to be formed *Friends Group*. What do you enjoy and want to share? Call Heather or Jeanette at 498-2186.



Local Events

November 29 come hear a Messiah Sing-a-long at Greenfield 1st Congregational Church at 3:00 pm.

December 5 is the all town fairs day. Come do that last minute shopping and meet your friends for lunch!

December 12 brings Special Days in Northfield! Come, hear a wind ensemble, strolling carolers, decorate gingerbread men and women at Mims, take a hay ride. New this year is a benefit performance of "A Child's Christmas in Wales" by Silverthorne Theater and a "story slam" The day ends with a bonfire and carol sing at the golf course. Watch for the town newsletter and the two full page spread in the Recorder for details as there is more to come! Share the day with friends and grandchildren as there's something for everyone!



An email to seniorcenter@townnfld.com gets you the newsletter every month. Not online? Consider a \$6 donation to the Council on Aging with 'newsletter' written in the memo line to be added to our monthly mailing. Send it to COA 69 Main St. Northfield, MA 01360



First Friday Film: Dec. 5 at 12:30;

"Holiday Inn": Two sets of song and dance teams get together to save a failing Vermont Inn. Filmed in 1954, the veteran presence still evoked pride. Filled with wonderful songs and dance routines and the inevitable romantic pursuit makes this a holiday favorite. This launched the much loved "White Christmas"

Third Thursday Movie: Dec. 17; 7-10pm;

"Holiday Inn" David Rowland will lead the discussion about this wonderful holiday film. Guaranteed, you will leave smiling and ready for the holiday!



Happy Holidays!

Contacting Center Staff & services

Heather Tower, MSW Director 498-2901 x14

Amy Hall, Meal site mngr. 498-2186

Jeanette Tessier, Outreach, 498-2186

FCHCC- Homecare, SHINE, Meals on Wheels 773-5555

Transportation- Betty Stafursky, 834-4084

Council on Aging Board

Gwen Trelle-Chair; Genevieve Clark-Vice Chair
Leona Labor - Secretary; Irene Jurkowski-Treasurer

Sue Pasteris, John Blazejewski, Gail Bedard,
Eleanor Goodman, Ted Thornton, Rhoda
Yucavich, Suzanne McGowan

December 2015 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
|  | 1 Salmon Filet w/Soy Ginger Sauce Brown Rice Oriental Style Vegetables Wheat Bread Mandarin Oranges  | 2 Autumn Harvest Soup Sloppy Joe Mashed Potatoes  Hamburger Bun Almond Cookie Diet: Lorna Doones | 3 Chicken Parmesan Bowtie Pasta Tossed Salad Dinner Roll Applesauce  Alternate meal : Seafood Salad, Macaroni Salad, 3 Bean Salad. High Sodium | 4 Chunky Tomato Soup Chicken Divan Couscous Wheat Bread Apple  |
| 7 Sweet & Sour Meatball White Rice Green Beans Wheat Dinner Roll Strawberry cup Diet: Grahams  | 8 Chicken Breast with Florentine Sauce Pasta Sliced Carrots Wheat Bread Orange  | 9 Cream of Spinach Soup Salisbury Steak with Mushroom Gravy Garlic Mashed Potatoes Multigrain bread Diced Pears  | 10 Turkey & Corn Stew Broccoli Cornbread Blueberry Yogurt  Alternate Meal: Chicken Breast w/Red Pepper Pesto, Macaroni Salad, Peaches | 11 Breaded Alaskan Pollock Chantilly Potatoes Tossed Salad Dinner Roll Apple Cinnamon Muffin Diet: Grahams  |
| 14 Chicken Teriyaki Brown Rice Oriental Vegetable Blend Wheat Bread  Fortune Cookie Mixed Fruit | 15 Winter Squash Soup Grilled Chicken w/Red Pepper Pesto Couscous Dinner Roll Applesauce  | 16 Roast Beef with Au Jus Sour Cream & Chive Mashed Potatoes Brussels Sprouts Wheat Dinner Roll Pineapple Cake Diet: Apple Graham  | 17 Chicken Jambalaya Brown Rice Tossed Salad Wheat Bread Orange  Alternate meal: Sliced Turkey w/cheese, Italian Pasta Salad, Mixed Fruit Salad. | 18 Cream of Cauliflower Soup BBQ Pork Patty Mashed Sweet Potatoes Hamburg Roll Strawberry Yogurt High Sodium  |
| 21 Butternut Mac and Cheese Broccoli Wheat Bread Pears  | 22 Chicken Kielbasa w/Peppers & Onions O'Brien Potatoes Hot Dog Roll Pineapple  | 23 Mulligatawny Soup Grilled Chicken w/Cranberry Orange Sauce Orzo w/Spinach Dinner Roll Blueberry Buckle Diet: Lemon Grahams  | 24 Pork Roast w/Mustard Sauce Scalloped Potatoes Tossed Salad Multigrain Bread Strawberry Cup Diet: Gingerbread  Alternate meal: Roast Beef, Chickpea Cilantro Salad, Pears. | 25  |
| 28 Meatloaf with Onion Gravy Red Bliss Potatoes Green Peas Wheat Dinner Roll Mixed Fruit  | 29 Cheesy Potato Soup Swedish Chicken Meatballs Herbed Egg Noodles Wheat Bread Fresh Orange  | 30 Cabbage Casserole with Marinara Sauce Tossed Salad Italian Bread Diced Pears  | 31 Grilled Chicken with Lemon Tarragon Sauce Sweet Potatoes California Vegetable Blend Wheat Dinner Roll Sugar Cookie Diet: Grahams  Alternative menu: Turkey salad w/cranberry, Italian Pasta Salad, Chickpea Mint Salad. | HAPPY NEW YEAR!  |

Congregate Meals are served Monday, Tuesday and Thursday at 11:30am. Please call 498-2186 to sign up for, or cancel, a congregare meal by 11am, 2 days in advance. A suggested donation of \$2.50 a meal is appreciated: \$3.00 for non-seniors. Menu is subject to change. To sign up for Meals on Wheels call 773-5555, to cancel 773-7702

AVERAGE SODIUM PER MEAL: Milk: 100mg Bread: 150mg Dessert: 200mg

AVERAGE CALORIES PER MEAL: Milk: 128 calories Bread: 100 calories Dessert: 110 calories

December 2015 Calendar of Events

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
|  | 1 9:30 Mahjongg  9-11:30 Foot Clinic (by appt) Blood pressure clinic 11am ROMEOs  11:30 Lunch 12:30 Bingo | 2 9:00 Bridge  11:00 Osteo exercise class  1:00 Center Pieces with Kathryn  | 3 9:30 Yoga  10:30 Brown Bag unload 11:00 Betsy L on the piano  11:30 Lunch 12:15 BB bagging 12:30pm BB pickup  | 4 12:00 Bridge  12:30 First Friday Film "Holiday Inn"  |
| 7 9:00 Bridge  9:30 Kohl's Springfield; Lunch at Outback  11:30 Lunch 12:30 Hand and Foot  | 8 9:30 Mahjongg 11:00 ROMEOs 11:30 Lunch  12:30 Bingo  | 9 9:00 Bridge  11:00 Osteo exercise class  12-3:30 Fortnightly meal  | 10 9:30 Yoga  11:00 David Turner; Hallmark School of Photography  11:30 Lunch  | 11  9:30 Job Lots; Lunch at New England Old Time Seafood Co.  10-11 Caregivers Support Group 12:00 Bridge  |
| 14 9:00 Bridge  9:30 Hinsdale Walmart's; Lunch at TheMarina 11:30 Betsey L on the piano 11:30 Lunch  12:30 Hand and Foot  | 15 9:30 Mahjongg 9am-noon Foot clinic by appt 11am ROMEOs 11:30 Roast Pork Lunch  12:30 Bingo  | 16 9:00 Bridge  11:00 Osteo exercise class.   | 17 9:30 Yoga  11:00 Gina Froment; Xmas Carol Sing-a-long 11:30 Lunch  1:35 Generations of Fun  7:00 TTM: "Holiday Inn" | 18 9:30 am COA meeting 12:00 Bridge  12:30 Market Basket  |
| 21 9:00 Bridge  9:30 Hadley Walmart's, Penny's & The Paper Store Lunch at Applebees  11:30 Lunch 12:30 Hand and Foot  | 22 9:30 Mahjongg 11:00 ROMEOs 11:30 Lunch 12:00 Senior Meeting 12:30 Bingo  | 23 9:00 Bridge  NO Osteo  | 24 NO Yoga 11:30 Name that Tune with Steve Damon  11:30 Lunch  | 25 Center is Closed Happy Holidays to All  |
| 28 9:30 Bridge  9:30 Keene Walmart's; Lunch at Longhorn Steakhouse  11:30 lunch 12:30 Hand and Foot  | 29 9:00 Mahjongg 11:00 Romeos  11:30 Lunch 12:30 Bingo | 30 9:00 Bridge  11:00 Osteo   | 31 9:30 Yoga  11:30 lunch   | Jan. 1  |